

# BLACK CAT YOGA SCHEDULE

Schedule subject to change. Please check our website for the most up-to-date class schedule and information.

## MONDAY:

11:00 - 12:00 pm  
6:30 - 7:30 pm

## CLASS DESCRIPTION:

Gentle Yoga  
Mixed Levels Vinyasa

## TUESDAY:

9:30 - 10:30 am  
6:30 - 7:30 pm

## CLASS DESCRIPTION:

Peaceful Morning Flow  
Mixed Levels Vinyasa

## WEDNESDAY:

11:00 - 12:00 pm  
6:30 - 7:45 pm

## CLASS DESCRIPTION:

Gentle Yoga  
Yin Yoga

## THURSDAY:

9:30 - 10:30 am  
6:30 - 7:30 pm

## CLASS DESCRIPTION:

Peaceful Morning Flow  
Mixed Levels Vinyasa

## FRIDAY:

11:00 - 12:00 pm  
6:30 - 7:45 pm

## CLASS DESCRIPTION:

Gentle Yoga  
TGIF Gong Flow

## SATURDAY:

9:30 - 10:30 am

## CLASS DESCRIPTION:

Mixed Levels Vinyasa

## SUNDAY:

CLOSED

